HeartMate 3™ LVAD ACHD Journey

*All patients are unique and may not follow the path exactly as shown. Some steps will need to be determined by your care team and/or some may not apply.*

**Getting started**

1. VAD consult
2. Learn about the VAD and meet your care team
3. Start blood thinning medicines and work toward goal level
4. Remove the breathing tube
5. Get out of bed and get stronger

**Important milestone**

6. Transition out of ICU to step down care
7. Transfer ready: VAD settings and medicine levels stable
8. Device training: getting ready for school/work
9. Sterile dressing changes
10. Learn your medicines
11. Learn how to measure blood pressure with a Doppler
12. Pack a "go bag"
13. Pick up prescriptions and fill pill box

**Almost there**

14. Practice VAD self-care and hygiene
15. Home assessment
16. Excursions (cafeteria, store, home, etc.)
17. Caregivers demonstrate competencies
18. Local EMS/fire/utilities contacted to update info
19. When safely allowed, resume driving
20. Patient and caregiver ready – transition out of the hospital
21. Returning to life, improved quality of life
22. Back to college/work
23. Enjoy life as your journey continues
24. When safely allowed, resume driving

**Another big milestone**

12. Organize your calendar
13. Pick up prescriptions and fill pill box
14. Practice VAD self-care and hygiene
15. Home assessment
16. Excursions (cafeteria, store, home, etc.)
17. Caregivers demonstrate competencies
18. Local EMS/fire/utilities contacted to update info
19. When safely allowed, resume driving
20. Patient and caregiver ready – transition out of the hospital
21. Returning to life, improved quality of life
22. Back to college/work
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24. When safely allowed, resume driving